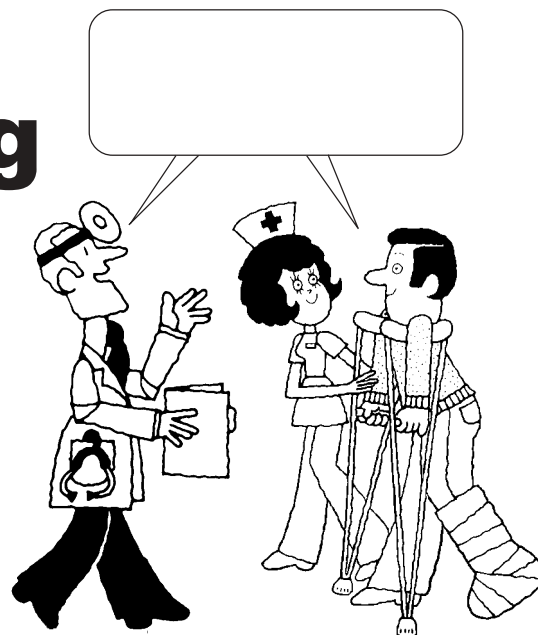




Communicating With My Health Care Provider



Communicating With My Health Care Provider

I have the responsibility to be active in my own health care.

I have a right to take part in the choices about my treatment(s) and therefore should:

- Tell the doctor, nurse practitioner or physician's assistant my most important concern first.
- Ask to have the sentence or statement repeated if not clear.
- Ask to have the information in writing.
- Make sure that I have the name and phone number of a person I can contact in case of problems.
- Ask questions so I understand the treatment.
- If possible, have a family member or friend with me for help understanding and explaining tests.
- Ask about advance directives for health care planning in case I can't let my wishes be known.

Between Visits

While at home I can prepare myself for the next visit with my health care provider by:

- Keeping a log of the questions that come to my mind and bring it to the appointment.
- Write down the things that are not normal, for example:
 - Pain, loss of appetite, dry mouth, frequent urination, light headedness, etc.
- Contact the Cascade Call Center for questions, or if new adverse symptoms develop. The number is toll-free 1-888-233-8305, ask for option 2 (Advice Nurse).

Working

With My Health Care Provider

Write down the names of the medications that you take and how often you take them.

- Include nutritional/ natural supplements (herbs, vitamins, minerals, tonics, sleep aids).
- Include non-prescription medicines, and medicines from other health care providers (dentist, podiatrist, optometrist, etc.).

Make a serious effort to comply with the recommendations made by my health care provider:

- It is my responsibility to take medications as ordered and to follow all other advice about my treatment.
- I will be honest in telling my provider how much I was able to follow the advice regarding prescriptions, diet, exercise or other care.
- If I have not followed some of the advice, I will say why, so the health care provider knows to make other suggestions to improve my health.



Ask Your Health Care Provider

About Prescriptions

- ☐ Why do I need this medicine?
- ☐ Are there any side effects?
- ☐ How soon should my symptoms improve?
- ☐ Are there any special instructions?
- ☐ Who do I call if there are side effects?
- ☐ Are there any interactions with food or other medicines?

About Tests

- ☐ What will this test show?
- ☐ How accurate is it?
- ☐ Are there any risks or side effects?
- ☐ Do I need to do anything special before or after the test?
- ☐ How soon will I know the results?
- ☐ How is the test done?
- ☐ Is there an alternative to this test?

About Treatment & Surgery

- ☐ What are the benefits and risks?
- ☐ How soon will it improve my condition?
- ☐ Are other treatments available?
- ☐ Are there other questions to ask my health care provider?
- ☐ If surgery is needed, can it be done on an outpatient basis?
- ☐ What discomforts are associated with the treatment or surgery?